

Carnivals and cookies: Winter pleasures arrive in Sandy Hill — snow or no snow!

Photo Paula Kelsall



Rideau Bakery has a new line of Winterlude cookies on offer.

Adàwe, notre nouvelle passe- relle symbo-

Bianca Bertrand



Bianca Bertrand avec son mari Tim Williams après du ski de fond autour de la rivière Rideau

Algonquins, j'aime cette terre de vos ancêtres

Désormais, je traverse aisément la rivière Rideau, ce beau patrimoine autochtone

Au sentier des poètes, ma destination préférée, je me retrouve hiver comme été

Week-ends achalandés : randonnées pédestres, bicyclette, raquettes ou skis de fond

Échange cordial entre quartiers, voisins, amis, même entre étrangers!



Photos Bianca Bertrand

Photo Paula Kelsall



Photo Kathleen Kelly

On December 18, 2015, the Anglican Diocese of Ottawa sold All Saints church to a corporation now named All Saints Developments Inc., of which Goulburn Ave. resident Leanne Moussa (above left) is the principal.

Buying the church

Neighbourhood landmark sold for community use

Ralph Blaine

You've probably seen the "For Sale" sign. In fact, as this is being written the sign is still up in front of beautiful All Saints Church on Laurier Avenue. Maybe you've toyed with the idea of buying it yourself. What would anyone do with a... church?! Unless you were the leader of a growing cult of neo-druids looking for a handsome pile of stones close to downtown, it's hard to imagine. Well, at least that's how I saw it. Clearly, I don't have the nerve or vision for such a commitment, but Leanne Moussa does and she has already shown an ability to weld imagination, vision and community support into successfully repurposing the unique architectural assets of our neighbourhood. Indeed, walking through the magnificent spaces of the church she enthusiastically conjures up visions of celebratory wedding parties, art exhibits, a restaurant and the rejuvenation of Laurier Avenue as the incarnation of an important part of Canadian history. She will make a believer of you!

This was not a spur-of-the-moment decision for Leanne. About two years ago she was one of the driving forces behind the purchase of The Carriage House (43 Blackburn) which is now the lively home of the Bettye Hyde Early Learning Centre. It was the move of Bettye Hyde from its long-time location at All Saints that planted the seed. As it became clear that the church itself would have to be sold, she and others (Diane Whelan and Susan Young) formed the group *Save the Saints* which began to plan ways to maintain the presence of the church as a vibrant urban space. And then, on December 18, 2015 All Saints Church was sold to Mayet Strategic Consulting Inc. (renamed All Saints Developments Inc., of which Ms. Moussa is the principal) for \$1.52 million. But any resident of Sandy Hill can get involved for much less than that as we shall see below.

If the project is to succeed it must generate income and there are several short-to medium-term prospects. The popular dance lessons by *Siempretango* (www.siempretango.ca) will continue in Bate Hall and Steffi Retzlaff, owner of *Soul Moves* (www.steffiretzlaff.com/soul-moves.html) has started offering yoga and Nia (see article on p. 16) throughout the week in the same location. Kathleen Rooney will continue to offer music therapy and sensory integration (www.kathleenrooney.ca) and she hopes her presence will attract other practitioners

offering services for children with special needs such as autism.

At this time the offices of the church are being soundproofed and spruced up. The hope is to rent this space, preferably to NGOs. Eventually they aim to establish an NGO Hub. The Ethiopian Church will continue to worship at All Saints and multi-faith worship would also be welcome. Talks are ongoing with Muslim, Jewish and Christian congregations. Opportunities will also be available for multi-faith activities and programming (e.g. a multi-faith book club). Unfortunately, TAN coffee house, which had been considering its options, has decided not to reopen in the church. But there will be a café. Leanne has decided to serve coffee and tea from 9:00 a.m. to 5:00 p.m. in The Guild Room (entrance off the playground). In addition to all these activities, Bate Hall can be booked for parties, weddings and community events on Friday and Saturday nights at a cost of \$499 per evening. By May of this year the church itself and the Lower Hall should also be operating as rental facilities for conferences, concerts, speakers, etc. Much work remains to be done, but it is easy to see that the unique and often stunningly beautiful spaces within the building will be a big draw.

To make this project profitable, however, will require a more ambitious long-term vision and this vision is still in the early planning stages. Whatever finally jells will have to involve the development of the playground area and the land currently occupied by Bate Hall. At the moment, Ms. Moussa envisages a mixed usage development of this land and perhaps a restaurant in the Lower Hall. To fund this development she intends to bring in additional investors to the project and hopes many of them will be individual members of the community as was done with the Carriage House. In fact several participants in that project are already on board and others have expressed interest. She hopes that about 50% of the value of the project will be owned by local residents. Each voting unit (500 shares) is valued at \$50,000. Leanne says she learned from the Carriage House experience how important it is to have a vision but also how essential it is to be prepared for the inevitable bumps in the road and to maintain the flexibility to shift the vision when circumstances dictate. Looks like she and her investors are in for an exciting time as they work their way towards a profitable project and the preservation of a beautiful historic landmark here in Sandy Hill.

IMAGE

Founded in 1972 under the
direction of Diane Wood

22, av. Russell Ave.
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direction de Diane Wood

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IMAGE welcomes articles, letters, photographs, notices and other material of interest to its readers in the Sandy Hill community. Name and telephone number of contributor must be included.

If you'd like to write articles, draw cartoons or other illustrations for stories, or take photographs on assignment, please call and leave your name and number at 613-237-8889. No age restrictions.

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Tel: 613-237-8889

E-mail : image22@rogers.com

Website: imagesandyhill.org

Editor:

Jane Waterston

Rédactrice de langue française :

Betsy Mann

Advertising: Peter Rinfret, Jane Waterston

Administration:

Christine Aubry, François Bregha, Frank Heilingbrunner, Kathleen Kelly, Claire MacDonald, Betsy Mann, Jan Meldrum, Jane McNamara, Denyse Mulvihill, Dodi Newman, Larry Newman, Judy Rinfret, Peter Rinfret

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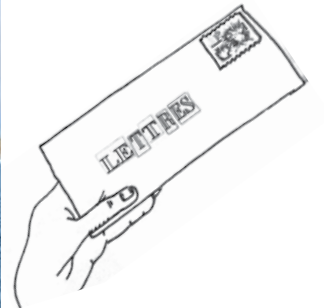
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From Ken Clavette's Album of Bygone Sandy Hill



Two of Sandy Hill's lost churches as they were in March 1904. The second Saint Joseph's Church seen here was built in 1892 and burnt down in 1930. The first was built in 1857 and demolished to build the one in the photo. The steeple of the Sacré Coeur Church can be seen in the distance. It was built in 1889 to serve the French-speaking Catholic parishioners of the community. That church was destroyed by fire a few years after the photo was taken in 1907. It was rebuilt later and burnt again in 1979. Saint Joseph's & Sacré-Coeur churches photo by William James Topley March 1904 PA-008992

Photo Ron Hodgson



Some places on the planet need to be seen

Ron Hodgson's article last issue mentioned his amazing trip to the Arctic last year. I am a polar travel specialist, inviting you to discover travel to the Arctic on February 16, and to Antarctica on February 23, at a presentation at the Nectar Community Centre, 255 MacKay Street, at 7 pm.

These are free presentations but do require an RSVP due to space.

If you wish to come or find out more, please contact me at 613 795 2824 or carole@farhorizons.ca www.carolegobeil.ca

Carole Gobeil

Carole Gobeil – Travel Consultant

Adventure, Exotic and Polar travel specialist
340 Gladstone Ave, Suite 302 (in Rama Lotus Yoga Center)
Ottawa, ON Canada K2P 0Y8
Tel. 613-795-2824 or 1 800 298 6607 x 204

Far Horizons tico# 2659204

carole@carolegobeil.ca
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Guest Editorial

In Calgary, they do some things better

In the three years I have been volunteering with Action Sandy Hill (ASH), I have heard many long-time volunteers talk nostalgically about how the City of Ottawa used to be; how the City used to run genuine community consultation; how the City used to work for its residents, not against them. While I don't have firsthand experience of this, my time volunteering with ASH has shown me that something obviously isn't working: that communities have little voice in decisions with profound impacts on them, and we who contribute countless hours to making our communities better places to live are far too often simply dismissed as "NIMBYs." So, if this is the case, what can we do to fix it?

I find myself looking to other cities for an example of a system that works well and Calgary seems to offer such a model. Calgary and Ottawa are similarly sized cities, both having a metro area a little over 5,000 km², with a population a little over 1.2 million. But when it comes to community support and involvement, they couldn't be more different.

Calgary has more than 150 active community associations, all of which (along with roughly 50 other organizations) are part of the Federation of Calgary Communities (FCC), an organization that receives more than \$500,000 in government funding each year, not to mention the funds the individual community associations receive.

Usually the most contentious issues our community associations have to deal with are related to bylaw enforcement, and urban planning and development. In Ottawa bylaw enforcement, with the exception of parking, is generally reactive, beginning with a call to 3-1-1 by a neighbour who is upset about the overflowing garbage cans next door or the noisy party across the street.

By contrast, in Calgary bylaw enforcement officers proactively patrol the streets not just for parking violations, but also to address property standards, noise and other issues. In Ottawa this isn't currently possible because we have separate bylaw officers for property standards and parking, while Calgary's bylaw officers are trained in all these issues and others.

In Ottawa the development process is often confrontational and in the end the community usually feels ignored as the City or the Ontario Municipal Board seems to side with the developer far too often. Perhaps this isn't true, but the perception is telling. On the other hand, when you visit Calgary's planning department website the first thing you see is the results of a survey of community associations. A quick review

of the development permit application process also reveals that Calgary includes consultation with community associations as an integral part of this process. Early on they send community associations affected by a proposed development a questionnaire that includes questions about site and building design and how to make the proposed development more compatible with and beneficial to the community. This questionnaire also asks whether or not the developer has discussed their proposal with the community association.

In Calgary, the FCC and its 200 member organizations boast more than 20,000 volunteers who contribute more than 2.4 million hours annually of volunteer time to making their communities better. This success is surely due in large part to the feeling that these community associations matter. They are respected by the City. They have a voice and are a vital part of good governance.

In Ottawa the grassroots movement has begun. We have the Federation of Citizens Associations of Ottawa (FCA) and its roughly 40 member organizations, including ASH. But the FCA and our local community associations are all struggling to find volunteers, we seem to get little respect from City Hall, and we certainly receive little or no financial support. The FCA's entire operating budget is less than \$2,000 a year, compared to the FCC's annual budget of about \$1.3 million. The financial support and inclusion in the process in Calgary result in organizations that are seen as far more professional, with some dedicated support staff, and therefore what seems a more legitimate voice in decision-making.

Our City Council has established seven priorities for this term of Council. They include: 1) governance, planning and decision-making, 2) healthy and caring communities, and 3) service excellence—all of which could be promoted by supporting the FCA and our community associations, and through true community engagement and consultation.

It's time for us all to put pressure on the City of Ottawa to foster a system of community support and engagement more akin to the Calgary example. The City could easily do this by building true community consultation into all its processes and by never relenting when it comes to transparency and inclusivity.

Chad Rollins
Cobourg St.

Chad Rollins is President of the community association. Action Sandy Hill.

The winter that came up roses



This photo of the Austin rose, "Heritage" was taken on December 19 right here in Sandy Hill.

Olga Szkabarnicki
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On January 24, garbage was still being stored in front of the Stewart St. property that was subject to our writer's original complaint. Who needs flowers?

Garbage still up front

Ralph Blaine

In the December issue of IMAGE I reported that a bylaw complaint about garbage being stored in the front yard of a building on Stewart Street had been closed, without resolution, by the bylaw officer who had been charged with the investigation. The complaint was re-filed and a new officer was put on the case. There have been some encouraging developments to report since these events.

The new bylaw officer is Derek Petch, and he called in December to confirm that garbage was being stored as per the complaint and that he had verified that the building in question did have a backyard to store garbage as required by the bylaws. He then issued an order to the property owner requiring him to relocate the garbage receptacles to the back yard by December 31.

Alas, the landlord and the property manager did not comply with this order.

On January 20, Councillor Fleury telephoned. He had read the IMAGE article and wanted to discuss ways to address

the problem. I was impressed. He seemed genuinely determined to find a solution to this and related problems in the neighbourhood, and he agreed that there was no good reason for undue delays in moving forward on such cases. In fact, he stated quite explicitly that if landlords failed to respond to warnings, bylaw officers should immediately move forward with further sanctions. We should have a good chance to gauge progress on this front as at least three more complaints will be filed in February.

Shortly thereafter the following email from Mr. Petch arrived: "Good morning. On Friday I filed charges against the owner of the property for failing to comply with the Order regarding the garbage storage. The first appearance on this matter will be February 18."

So the city is moving forward and Mr. Fleury seems ready to act. Yes, the garbage is still in front of this property as this story is being written and I'm sure many people who have tried to deal with this problem in the past are discouraged, but I do think there is room to hope that, given some time, the bylaw people in conjunction with our Councillor can manage to clear up this blight on our neighbourhood.

Grappling with the downtown truck problem

Truck tunnel feasibility study results expected soon

John Verbaas

You may have seen the recent article in the *Ottawa Citizen* in which Mathieu Fleury was interviewed about the impending release of a feasibility study for a downtown tunnel linking Highway 417 to the Macdonald-Cartier Bridge as a possible solution to the downtown interprovincial truck problem.

Every day approximately 2,600 trucks transit the corridor from the Macdonald-Cartier Bridge to Highway 417, known as KERWN [King Edward/Rideau/Waller/Nicholas]. About two-thirds of these vehicles are tractor trailers. During the peak mid-morning and mid-afternoon periods, a truck goes by every 20 seconds. In addition, 20,000 cars per day pass through KERWN headed for Highway 417.

Anyone who has stood at the corner of Rideau and King Edward or Waller will know what these statistics mean in terms of degradation of city life. Since the Macdonald-Cartier Bridge was built in 1965, several people have been killed and others injured due to truck and other traffic on KERWN. Both of these intersections regularly figure in the City's top 10 intersections for collisions involving pedestrians.

Tunnel study began in 2013

The current Tunnel Feasibility Study was initiated in late 2013 as a joint initiative of the City of Ottawa and the Province of Ontario following the collapse of the 2007-2013 NCC-led Interprovincial Crossings (ie. bridge) Study. This occurred shortly after that study recommended building a new 1.1B\$ 6-lane bridge in the east end of the National Capital Region on the Aviation Parkway/Kettle Island/Montée Paieiment corridor.

That proposed Kettle Island bridge was not the first attempt to find a solution to the downtown truck problem. Other proposals that have come and gone over the past 50 years included bulldozing an expressway through Lowertown and Sandy Hill (similar to what exists today on the Gatineau side of the Macdonald-Cartier Bridge) and extending the Vanier Parkway across the Rideau to the Macdonald-Cartier Bridge as a new designated truck route.

Each of these proposals eventually found their demise in public opposition with the result that the presence of 2600 heavy trucks per day transiting the downtown of our G7 capital remains unresolved.

Tunnel would be under Sandy Hill and Lowertown

To be clear, the current tunnel study is not for a new tunnel under the Ottawa River. It is evaluating several different possible routings under Sandy Hill and Lowertown intended to divert interprovincial traffic (particularly the trucks), moving between Highway 417 and the Macdonald-Cartier Bridge, from downtown surface streets. Such a tunnel solution has the potential to avoid the type of community opposition that has undermined all of the earlier proposals.

Elected representatives at all three levels of government, including our Councillor Mathieu Fleury, Mayor Watson, MPP Madeleine Meilleur, and MP Mauril Bélanger have all expressed support for this concept should the study indicate it is technically feasible.

Of course technical feasibility remains the key question as well as whether it can be done at a practical cost. (So far Ottawa's experience with tunnelling downtown seems to be positive with the \$600 million, 2.5km long LRT tunnel on time and on budget). Preliminary answers to the feasibility and cost questions are what we can expect to see soon, probably before the next issue of IMAGE goes to press.

Look for the study results to hit the media around the March 2016 timeframe with a subsequent discussion about possible next steps at Transportation Committee and City Council.

Perhaps with a positive result from the study and with both provincial and federal governments indicating a commitment to move forward with infrastructure funding a successful proposal can be put together that will finally lead to a solution to the interprovincial truck problem that plagues our downtown communities.

If you are interested in more information, a group of concerned citizens have put together a website with further background and details at www.ssd-ottawa.ca.

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« L'absence de gouvernail » :
dialogue inédit entre éducation et
théâtre sur les approches participatives

Par David Guillemette, Ph.D.

Dans les nouvelles pédagogies participatives, les élèves organisent eux-mêmes leurs apprentissages et l'enseignant joue plutôt le rôle d'un facilitateur que celui d'un « transmetteur ». Accompagné de deux metteurs en scène qui ont adopté cette démarche participative dans leurs spectacles, David Guillemette discute de la relation verticale maître-élève ainsi que de l'organisation traditionnelle de l'enseignement-apprentissage. Quelle est l'expérience vécue de l'enseignant qui s'engage résolument dans une approche participative? La recherche du professeur Guillemette s'intéresse à ce vécu pour l'instant peu documenté.

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Newsbites

More LRT construction impacts

The City has plans for the next stage of bus detours as a result of LRT construction, to go into effect on April 24. The Transitway will be closed between Laurier and Lees stations, and buses re-routed to Nicholas Street, so transit riders will no longer have access to Campus Station. OC Transpo proposes routes 95 and 98 should be re-routed along Laurier and King Edward (with routes 5, 16, and 85 already using this route) for users of Campus station. This will bring the number of buses present on Laurier and King Edward avenues during rush hours up to 20-30 per hour (per direction). In order to minimize the delay to these buses, some modifications to traffic flow will be implemented at the King Edward/Laurier intersection and remain in effect for two years, until the expected start up of the Light Rail system in 2018.

Photo Larry Newman



Will the intersection at Chapel and Beausoleil be reopened to vehicles?

A proposed site plan for the new Trinity Development building coming to the north end of Chapel Street at Rideau Street asks that the current barriers at Beausoleil Drive be removed and the intersection re-built as a full-service intersection so that cars and 18-wheeler transport trucks can have better access to their site. Councillor Mathieu Fleury is opposed to any reopening of the intersection, which was closed in 2014, along with the addition of stop signs along Beausoleil, as a safety measure for children crossing the street heading to Lowertown schools.

Action Sandy Hill has outlined its concerns that the proposed opening of the intersection will lead to higher levels of cut-through traffic on Chapel and Beausoleil. Lowertown Community Association agrees with ASH and is also opposed to transport trucks using this intersection.



Fitness training equipment coming to Strathcona Park?

Over the past few years people—a majority of the residents consulted—have asked Councillor Mathieu Fleury’s office for fitness equipment in the area of the Adawe Crossing and Strathcona Park, so they are considering installing a fitness pad in the park or on the east side of the bridge. Action Sandy Hill is consulting residents about the request; to let them know what you think, please fill out the simple survey at www.surveymonkey.com/r/JFPH3LJ.

211 Lees reopens

Ottawa Community Housing’s new 3-storey building at 211 Lees Avenue opened January 30. It has 16 units built on existing concrete foundations from the previous building on the site (which had 14 units). The new building has radiant floor heating and includes two modified accessible units.

Fleury’s new status, new staff

Councillor Mathieu Fleury married his long-time partner, Lai, at a small ceremony at City Hall on a Sunday in mid-December. Congratulations to both. His assistants Nathaniel Mullin and Alanna Dale Hill left the councillor’s office (Alanna to the light rail implementation team) at the end of 2015. Emeline Sparks is Fleury’s new assistant, working with Stéphane Galipeau.

Greenscaping coming to Somerset

The project to green several pieces of currently-paved City property on Somerset East is moving along. Plans for trees, perennials and bedding plants are in the works to bring a welcome jolt of shade and colour to the street. Working with the City, the Sandy Hill Tree Group will next meet with owners of properties next to the sites to inform them about the project. If you would like to contribute (e.g., design ideas, moving soil and mulch, planting, providing perennials for the sites), please contact Susan Young at sandyhill-treegroup@gmail.com.

Adawe to get more barriers

Contractors will be installing a camera and likely some posts on the new Adawe pedestrian crossing over the Rideau River this spring, to deter motorized vehicles. A car drove over it during the Christmas break.

New webpage collects noise complaint details

Now there is something more you can do when you’re awakened by a noisy neighbour: make sure the landlord finds out. If you have a recurring noise problem, call 311 and note the report number then leave the details in the database at noiseinsandyhill.ca.



Fr. Richard Beaudette is the new pastor at St. Joseph’s

Fr. Richard Beaudette began serving as Pastor of St. Joseph’s Parish in October, 2015. Fr. Richard is an Oblate of Mary Immaculate (OMI).

The Alberta native crossed the country from northern British Columbia to assume his new role in what he now affectionately calls “the big city”. Though the bustling of downtown Ottawa is a far stretch from the small communities in British Columbia and the Yukon that he formerly served, he has settled in quite nicely. His wealth of experience in administration and as a pastor and vicar will serve him well at St. Joseph’s Parish and he looks forward to continuing his journey alongside the diverse community of Sandy Hill. He enjoys walking quite a bit, so if you spot him out and about, feel free to introduce yourself and welcome him to the city. —Brandon Rushton

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PHOTO: IMA ORTEGA

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We are sponsoring a Syrian refugee family

Larry Newman

Well, that's one big step taken. We just submitted a 12-page application to sponsor a Syrian refugee family who are temporarily living in Amman, Jordan. This step is one of several needed in the refugee private sponsorship process.

It began early last September at a meeting organized by an immigration lawyer to encourage refugee sponsorship. Four of our eventual sponsoring group (see photo, page 20) were at that meeting and decided to start a sponsorship group. Then a young Syrian man saw a letter in the 2015 October/November IMAGE from Alan Humphreys, who had taken part in Project 4000 in the '80s, when 4000 Vietnamese refugees were settled in Ottawa. Alan left his email address in the article and these two eventually got together and soon joined the original four to form the genesis of our sponsorship group. The idea was to sponsor the young man's brother's family of five.

This Syrian family had been living in Amman, Jordan, for the last three years. They are urban refugees who don't live in a camp but live and work in the city. Of course they couldn't work legally because asylum seekers were not allowed to, but both adults found jobs in the black market. It was essential to work to live. Schooling was difficult because their children were not permitted to be in



Cathryn Fortier checks the finally-completed 12-page sponsorship application, a milestone for her and the rest of the core group.

the same class as the local children. So, the refugee children were accommodated after school hours. While in Amman, the family were interviewed by the UNHCR (United Nations High Commission for Refugees.) This agency determined that the family were, indeed, refugees, not economic migrants. It was an important step toward making immigration to another country possible.

Now the story gets a little bureaucratic. As Citizenship, Refugees and Immigration Canada (CRIC) reveal on its website, there are three common ways for private citizens to sponsor a refugee.

- Sponsorship Agreement Holders (SAH) are religious, ethnic, community or service organizations, which have signed an agreement with CRIC, and are already approved to sponsor refugees. SAHs have charity status. Constituent Groups can be formed as a partner to a SAH, with the SAH taking on the financial responsibility to support the refugee for one year.

- Groups of Five (or more) Canadians or permanent residents can come together to sponsor refugees.. They must provide a settlement plan and prove that they have the money to sponsor a refugee for one year.

- Community Organizations may wish to sponsor refugee(s) living outside of Canada.

No matter which approach we would take, it was necessary to pledge financial and emotional support to the family for at least one year. We initially chose to be a Group of Five. However, we later found that

partnering as a Constituent Group with St. Paul's Eastern United Church, the SAH, had the advantage of their being a guaranteed backup in case we needed financial or other support. As well, they were located right here in Sandy Hill.

There was much information on the Internet about sponsorship but very little information about the groups that were forming and looking for members. It would be quite helpful to have a site where one can recruit members to a sponsoring group, especially to find members in one's neighbourhood. Nevertheless, through various contacts, a group of six members formed and named itself Refucare Ottawa. This core group eventually grew to eleven members.

CRIC estimates that a family of five needs \$29,700 for shelter, food, transportation and incidentals for a year. None of us thought that would be enough. The government specifies that children of different sexes cannot have the same bedroom so this family with two boys and a girl must have three bedrooms. Three-bedroom apartments in Sandy Hill, Vanier, and Lowertown rent for a minimum of \$1500/month. The government uses \$800/month as a guide for monthly rental cost. We quickly agreed to raise \$40,000.

Now we had to raise it. One of the group members researched crowd funding and discovered a Canadian website, CHIMP, that looked easy to use and would pass on all of the money donated to our charity. They would also issue charity receipts for tax deductions. We started a CHIMP site (chimp.net/groups/refucare) in mid-December and contacted all of our friends and acquaintances to tell them our story. Our goal was to raise \$40,000. We got the first \$20,000 (the easiest \$20,000) by the fourth of January. For those readers who would like to help us with the next \$20,000, donating via CHIMP is the easiest way.

In the meantime, one of our contacts was the Bettye Hyde Co-operative Early Learning Centre at Osgoode and Blackburn. This Centre is an institution in Sandy Hill and Cindy Mitchell is an institution at Bettye Hyde. When Cindy heard of our sponsoring plans, she immediately suggested a fundraising New Year's Eve "gala" at the school that would bring in funds for Refucare Ottawa. What a wonderful gesture! She also spread the word to many other people in the neighbourhood. Our list of supporters, and others who are following our progress while they decide how to contribute, has grown to 50!

We think that we'll be able to reach our goal of raising \$40,000. Now, we need to form committees to ensure that we have the needs of the family covered for one year. That means finances, housing, shopping, health, translation, education, language training, job placement, transportation, etc. We've just started on that and you can read that story in the next issue of IMAGE.

It's time for a Honey Pot Party!

~ Red House Honey ~



in partnership with

Refucare — Refugee Resettlement

A fundraiser for Sandy Hill's Syrian refugee family

Help us reach our goal: To raise \$500

Towards daily expenses for our long-awaited family of five

Presentation followed by honey-infused snacks & drinks

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Hand-made honey will be available for purchase after the talk.

At the Carriage House, 43 Blackburn Ave, Sandy Hill
(Bettye Hyde Cooperative Early Learning Centre)

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\$20 (tax receipts available upon request)

Tickets available from

Cindy Mitchell cindymkurts@gmail.com

Diane Whalen whalen-laverty@rogers.com

Please drop off your cheque payable to **St. Paul's Eastern United Church**, memo line: **Refucare Ottawa**
at the Carriage House or 109 Goulburn Avenue

UrbanOttawa.com



40 Ivy Crescent \$899,000.

Lindenlea: All you could wish for! Well executed renovation/addition offering a versatile floor plan in this light filled, elegant home. The great flow makes it fabulous for entertaining, casual or formal. "Family central" is overlooking the generous south facing yard. 3 season solarium. 4 bedrooms including a "wow" master suite. Four bathrooms. Fully finished basement complete with custom wine cellar.



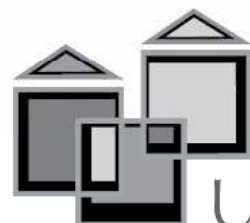
148 Aylmer Avenue \$599,000.

Old Ottawa South: Beautifully put together home: great upgrades and layout. Brilliant sunshine throughout, comfortable spaces. Renovated kitchen & bathroom & excellent infrastructure too! Steps from Brewer Park & the canal, this home sits on a lovely lot w/ southern rear yard. You'll appreciate the 3 season solarium as either a quiet getaway spot or kids play area. High and dry basement to finish. Solid single garage as bonus!



400 Apple Tree \$499,000.

Manor Park: A really unique (in a good way) home in Urban Ottawa's Manor Park Hill enclave. Such a flexible floor plan will appeal to many household configurations: top floor could be a total adult retreat w/ ensuite and adjacent den or dressing room, main floor lends itself well to a home office set up or for aging parents who don't do stairs and the fabulous walkout level can be a perfect teen retreat! Gorgeous!



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L'ancien Musée de l'Université d'Ottawa situé à l'intérieur de la Salle académique. Aujourd'hui, plusieurs artefacts se trouvent aux Archives de l'Université d'Ottawa. AUO-PHO-NB-38A-1-114

Activités pour le Mois du patrimoine à Ottawa-Gatineau en février 2016



par
Michel Prévost

Encore cette année, la communauté archivistique et du patrimoine profite du Mois du patrimoine dans la région de la capitale pour offrir, tout au long du mois de février, un grand choix d'activités afin de faire connaître notre riche histoire et patrimoine. À titre d'archiviste en chef de l'Université d'Ottawa et de président de la Société d'histoire de l'Outaouais, je serai encore actif en février afin de faire rayonner notre patrimoine archivistique et historique.

J'invite la population de la Côte-de-Sable, ainsi que les lecteurs et lectrices d'IMAGE, à participer en grand nombre à ces événements organisés par les centres d'archives, les sociétés d'histoire et les associations du patrimoine de la région.

Je vous invite particulièrement à assister à la cérémonie du patrimoine de la Ville d'Ottawa qui aura lieu à l'hôtel de ville le mardi 16 février à 11 h 30. Il s'avère important que les gens se déplacent en grand nombre afin de démontrer au maire et aux élus municipaux que la communauté du patrimoine est bien dynamique dans la capitale et que le patrimoine demeure un volet culturel fort important pour notre collectivité.

Enfin, je vous recommande une visite guidée à l'Université d'Ottawa, une grande institution implantée au cœur de la Côte-de-Sable depuis plus de 150 ans. Voir les détails pour l'activité « À la découverte des trésors des Archives de l'Université d'Ottawa ».

Je vous souhaite un très beau Mois du patrimoine qui demeure une très belle occasion de mettre en valeur notre riche patrimoine.

Parmi les activités proposées en février, je vous présente les suivantes :

Soirée musique et patrimoine : le clavecin, la flûte et l'histoire au Collège Saint-Alexandre

Venez écouter Vincent Lauzer à la flûte baroque et Johanne Couture au clavecin. Michel Prévost vous présentera l'histoire du château Alonzo-Wright et du Collège Saint-Alexandre

Samedi 13 février à 19 h 30
Collège Saint-Alexandre, 2425, rue Saint-Louis, Gatineau

Conférencier : Michel Prévost, président de la Société d'histoire de l'Outaouais
25 \$ et 15 \$ pour les moins de 25 ans
Présentée par Les Plaisirs du clavecin et la Société d'histoire de l'Outaouais.
Réservations : www.plaisirsduclavecin.com

Souper-rencontre de la Société d'histoire de l'Outaouais. Causerie sur les occupants de la forêt de l'Outaouais

Venez découvrir l'histoire de la forêt de l'Outaouais et célébrer le Mois du patrimoine
Lundi 15 février à 17 h 30
Restaurant Saint-Hubert, 225, boulevard Maisonneuve, Gatineau
Chacun doit payer son repas.
Causerie de Pierre-Louis Lapointe, archiviste et historien
Présenté par la Société d'histoire de l'Outaouais. Réservations obligatoires : 819-503-7426 ou Societehistoireoutaouais@gmail.com.

Cérémonie de la Fête du patrimoine de la Ville d'Ottawa

Mardi 16 février, à 11 h 30
Venez visiter les tables d'exposition des organismes et célébrer en grand le patrimoine. Hôtel de ville d'Ottawa, Place Jean-Pigott, 110, avenue Laurier Ouest, Ottawa
Gratuit. Présentée par la Ville d'Ottawa.
Renseignements : tél. : 613 562-0405 ou www.choocopo.ca

Visite guidée du ruisseau de la Brasserie
Chaussé de vos patins, découvrez l'histoire du ruisseau de la Brasserie, le premier site du patrimoine de Gatineau.

Samedi 20 février à 14 h
Patinoire du ruisseau de la Brasserie, Vieux-Hull, Gatineau
Guide : Michel Prévost, président de la Société d'histoire de l'Outaouais
Présentée par la Ville de Gatineau. Gratuit
Renseignements : 819-243-4345, poste 2582 ou bisson.sonia@gatineau.ca

Conférence à la découverte des trésors des archives de l'Université d'Ottawa et visite guidée des voûtes des archives

Venez découvrir les trésors des AUO et visiter les voûtes où sont conservés ces joyaux du patrimoine.

Mercredi, 24 février à 13 h 30
Archives de l'Université d'Ottawa, 100, rue Marie-Curie, salle 012, Ottawa
Conférencier et guide : Michel Prévost, archiviste en chef de l'Université d'Ottawa
Coût : 10 \$

Présentée par les Archives de l'Université d'Ottawa et Retraite en action. Réservations obligatoires : Chantal Richer, 613-860-1099, poste 2, chantalisa@retraiteenaction.ca

N'hésitez pas à me joindre pour des renseignements sur ces activités au 613-562-5825 ou à michel.prevast@uottawa.ca. Bon mois du patrimoine!



Version française disponible en ligne au mathieufleury.ca/acceuil/

A good and a bad thing: our community tops the City for service requests (311)

Over the last five years, we have worked diligently to engage residents in the betterment of our community. We work directly with you to address your concerns and we are always available to meet to discuss any issue. As a result of this direct engagement, our community has seen significant improvements and residents are proud of the additional measures we have put in place, particularly pertaining to noise issues.

The City of Ottawa's By-law Services recently released the 2015 call statistics. In 2015, Rideau-Vanier (including Sandy Hill, Lowertown and Vanier) topped the charts with 9,614 By-law calls, nearly triple the City average of 3,320 calls per ward. Although most calls were related to parking, 2,275 noise and 1,731 property standards complaints were also made in 2015. These numbers are not surprising; our community is a diverse, dense and vibrant place to live and we always encourage residents to report all community issues. This volume of calls is a good thing, because it demonstrates that Rideau-Vanier residents contribute directly to maintaining the high quality of life in our community.

Over the last five years, we have seen a marked improvement in noise and property standards violations in our community, with a 21% reduction in noise and a 10% reduction in property standards complaints from 2011 to 2014. We have also seen better coordination between By-law Services and Solid Waste Services in addressing the community's needs. But, our work continues. We will continue to work with City services to ensure that residents are receiving fast, proactive and reliable service in all areas, including property standards, garbage services, and snow clearing.

These efforts have come as a result of the successful Town and Gown Committee. The committee has worked collaboratively over the last few years with community stakeholders to bring light to neighbourhood issues, including noise enforcement and property standards. Through this, the committee has been successful in advocating for changes to the noise By-law, Property Standards By-law, zoning by-laws, and created an effective student Move In/Out strategy in collaboration with By-law, Solid Waste Services and community partners.

Through our combined efforts, we have been able to realize great change on our community streets. These efforts are apparent in every part of our neighbourhood and I would like to take this opportunity to thank residents for being involved, taking part in positive change and for contributing to the quality of life in our neighbourhood. Thank you!

Remember; if you see an issue report it! Call 311, submit online at Service Ottawa and once that is done if the City's response is not up to par, please contact our team with the service request number. We would be glad to help.

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The original stucco-covered structure had no foundation at all.

The Sutherlands of 585 Besserer Street

David Lafranchise and Marc Lowell

Number 585 Besserer Street was the home of two generations of the Sutherland family for 95 years, giving us a window into the changing life of Sandy Hill.

Andrew and Margaret Sutherland, recent immigrants from Scotland, bought the lot in 1895 and built a new home for their young and growing family: Bessie, age 6, Margaret, age 4 and Marion, age 1, to be followed by Jack in 1899, Dorothy in 1902 (died in infancy) and Jean in 1909. A snapshot of the time shows a simple frame house, parged with stucco and resting on timbers laid right on the levelled ground.

Andrew worked as a cabinet-maker at a time when most furniture was made by hand or in small workshops. The Sutherlands were comfortable, but not wealthy. All of the children finished high school, and the family summered at Meech Lake, travelling by train to Chelsea and by hired wagon the 10 km to their cottage. Social life in winter revolved around church and community groups like the St. Andrew's Society. The family supported worthy causes like the memorial to the Boer War (now in Confederation Park) and the Belgian Relief campaign during the First World War.

Andrew also owned a revolver. Alerted to a break-in at the home of Charles Moss at Daly and Wurtemberg, the police borrowed his pistol, and five policemen with Sutherland and two other neighbours surrounded the house, trapping the burglar on the roof.

By the early 1920s daughters Margaret and Marion had married and left home. Andrew and Margaret undertook major renovations to the

house, spending \$1000 to install a basement and stone foundation, replace the stucco siding with brick and add a covered porch to the side. When the family bought its first car, the summer kitchen was converted into a garage.

Mother Margaret died in 1923 of an infection, but Andrew, Bessie, Jean and Jack (who had gone overseas as a pilot during the First World War) continued to live in the house for the rest of their lives. Sister Marion and family joined them briefly after the death of her husband George Hives: his funeral was held in the parlour at 585. Jean's death in 1990 ended 95 years of Sutherland occupation of the house that Andrew built.

Extensively renovated and expanded in the 1990s, the house remains a family home. Based on its age and place in the streetscape, it has been given a "moderate" rating in the draft Sandy Hill heritage study.

Marc Lowell and David Lafranchise research histories of houses and their residents on a regular basis. Samples of their work can be found at househistory.tricolour.ca. They can be contacted at househistory@tricolour.ca.



The house today: a fine brick residence tucked away in the northeast corner of Sandy Hill



Along Prime Ministers Row: Who lived where?

Sir John A. Macdonald's three addresses

François Bregha



Library and Archives Canada / William James Topley

In support of the initiative to designate Laurier Avenue East as "Prime Ministers' Row" to commemorate the prime ministers, Fathers of Confederation and other prominent Canadians who have made Sandy Hill their home, IMAGE will publish a series of short capsules on several of our former distinguished neighbours. This first one features Canada's first prime minister, Sir John A. Macdonald.

Macdonald lived at three addresses in Sandy Hill. The first was 63 Daly Ave., a house that burned down in 1873. Sir John lived there for five years (1865-1870). There were no sewers in Ottawa at that time and Macdonald often had reason to complain about the drains in his house. The stench in his ground floor study was such that it forced him to move his desk upstairs to escape it.

Between 1871 and '75, the Macdonald family (including Macdonald's mother-in-law who died in 1875) lived at the northwest corner of Chapel and Besserer (194 Chapel) in a spacious red brick house ("The Caddy") that has since been demolished. The property extended at the time to Rideau Street. It was during that time that Macdonald lost power to the Liberals.

After winning the 1878 election, the Macdonalds moved to Stadacona Hall at 395 Laurier Ave East and lived there until 1883. This large house, which still stands, is now the home of the Brunei High Commission. At the time Macdonald lived

there, Stadacona Hall was the easternmost house on the street.

This house was originally built for John Cameron, a lumber magnate. Its name evokes either Quebec City (where an Iroquoian village of that name had once stood) or the gentlemen's club in Kingston to which Macdonald belonged.

The Macdonald household at the time included Sir John A.'s wife, Agnes, their daughter Mary and Agnes's brother Hewitt Bernard (Macdonald's deputy minister). Macdonald was a doting father to Mary, who required special care because she was born hydrocephalic and was never able to stand, walk or feed herself.

The years he spent at Stadacona Hall marked Macdonald's greatest achievements as prime minister, including the National Policy (which protected domestic manufacturing) and substantial progress on the completion of a trans-Canada rail line.

Macdonald was still in relative good health (he turned 63 in 1878 and would live another 13 years) but was starting to show signs of age. His wife, already deeply religious, puritanical and twenty years younger, grew more imperious with time and ruled social Ottawa with "a rod of iron." Richard Gwyn writes that it was during this period that she labeled the minister of justice a "pervert" because he had changed religion in order to marry and refused to invite the finance minister to social functions because he had married a divorcée.



Macdonald moved to Stadacona Hall, 395 Laurier East after winning the 1878 election.



Some low-tech digging and building has been going on in Strathcona Park.

Old letters

Ron Hodgson



The other day I started sorting out some old family letters—boxes of them that had belonged to my mother and had been stored in a dusty attic by her mother for decades. A large proportion dated back to the last half of the 19th century while others were ones that had been received and saved by my pack-rat grandmother who never threw out a personal letter. Most of these dated to the first half of the 20th century.

Reading old letters is tough. Besides being difficult to actually read due to the fading of the words and the necessity to decipher someone's cursive hand, the majority contain very little information and are pretty boring. Health enquiries seem to predominate in one group whereas money and property matters are front and centre in another group. I quickly learned to spot the "interesting" letter writers.

As I sorted them I thought about the letter-writing era that they represented. That era started with the advent of cheap and dependable postal services in about 1845 and ended 150 years later with the introduction of widespread email and fax services. (Actually fax is simply an electronic way of sending a regular paper letter so it only counts as a transitional system.) Now even email is on the decline as social group systems become increasingly popular. The idea of sending a tailor-made personal message to individuals such as a relative or friend is fading. Much more efficient to send an email to a list of friends, "like" someone's Facebook posting, send a text message or comment on a tweet.

We've lost something here. Looking at these letters I realize that they were slices of life from decades past, well preserved on good quality paper. The writing, usually done with a pen dipped frequently in an inkwell, was generally quite legible. Children were taught in school first to print and then to do cursive writing and were graded on the quality of their penmanship so people knew how to write.

One can almost imagine the writer sitting down at a desk with writing materials and composing the letter. By the tone of the letter one can discern the writer's frame of mind. Here's an example, a letter from a great-great uncle who lived in

Marion, Indiana wrote in 1886, "I sit here in my office in my shirt sleeves with the door open and feel comfortable, the birds merrily singing. The mercury in the thermometer indicates 80° in partial shade." You're almost there with him breathing in the soft summer air of 130 years ago.

Old letters are worth preserving if they contain useful information. Genealogy information, for example, can often be obtained by dates and the contents of old letters, which are recognised by genealogists as valid sources. Descriptions of places and events from long ago are often coveted by historians. Sometimes a series of letters provides an interesting family story. Others simply give a descriptive portrait or a cherished memory of a long-dead ancestor. A letter in its original envelope, carefully opened and with an adhesive stamp lightly postmarked may have more value than the letter alone so keep envelopes and letters together.

To save old letters I recommend carefully sorting them and setting aside those that should be preserved. The paper used in many old letters is often good quality rag-based paper and will resist darkening and brittleness but nevertheless it pays to avoid getting finger oil on them. Use white cotton gloves to handle them if you can. Ditch the old shoe boxes and replace them with appropriately sized waterproof plastic storage boxes. If you have letters or documents that are very precious do some research on conservation techniques and decide if you need professional assistance or not.

Practically you may as well recycle the remainder. I found old useless cheque stubs, receipts and invoices which I suppose, were saved as proof of transactions. And there were a lot of thank you notes for social engagements and well wishing. Be as ruthless as possible but if you are unsure of a letter's value, save it for a future review by one of your own descendants.

What you are working on is a jigsaw puzzle where each piece is a vignette pulled from one of those old letters. Treasure them. Make a timeline and enjoy hanging out with one of your ancestors even if only for a sunny afternoon in Marion, Indiana.

Strathcona Park winter visitors

Photos by Kathleen Kelly



Photo Kathleen Kelly

Mallard couple on a lunch date.



Photo Kathleen Kelly

Flying Mallard, shaking her skirt across the Rideau River...she reigns!

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The Muse takes a ride on OCTranspo

A group of local writers who meet weekly at the Rideau Branch of the Ottawa Public Library have put together stories, poems and essays on the subject of OCTranspo. They kindly collected a sample of such works and submitted them for publication in IMAGE.

Knowing how present in the life of Sandy Hill are buses, route maps, Para Transpo signals, and how many brief encounters happen at bus stops, the editors are very pleased to present these five creative comments on our bus service. We also thank Marilyn Oprisan for sending them in.

Bus encounter

Joan Alexander

It was one of those damp December days, a gray warning of winter’s approaching wrath, days that precede Christmas.

The bus ride from downtown was endurable because I had to pick up a book that was available only at Merivale Mall. The bookstore clerk promised that the last available copy would be held for me until noon that day. Recovering from the flu, I dressed warmly and dragged my body to the bus stop. Generally enthusiastic, I couldn’t have given a damn about anything that morning.

I left the bus at the Mall, stopping short as I faced a wall of filthy windows. Beyond the glass, seated alone on a bench was a hunched, untidy creature. She looked like a crumpled bunch of grubby blue paper ready to be hurled into the trash. I stared at her, then, realizing that I shouldn’t, I moved on, trying to focus on the reason I had made this trip.

A few steps away, I looked back at her and nearly wept. Did I pity her? Was I angry? Disgusted with her or with myself? I pressed on but the woman did not leave my mind. Would someone pick her up? Did she have a family? How old was she?

I purchased the book and thought I’d wander around the mall. But, I couldn’t. The hopelessness of life overwhelmed me. I returned the way I had come hoping that the woman would be gone.

She sat there still, a shrunken wool scarf half covering her untidy gray hair. I scurried past her to wait outside for the bus. When the bus finally arrived, it was empty except for two ladies who were sitting at the rear. I sat close to the driver on the furthest of three side seats. Suddenly I was whacked roughly on my hip and knee as the lady from the mall crash landed on top of me.

“I’ve lost my keys!” she announced loudly, thrashing around in two well-used shopping bags.

“That happens to me, too,” I said quietly. “I think I’ve lost something and then it turns up.”

As her frantic search continued, I ventured, “Would you have put them in your purse or your pocket?”

“I never do that!” she responded testily Then, with the whoop of a victorious boxer and a toothless grin, she shouted, “I found them!” and lifted the keys high above her head. She leaned into me to confide that her children wanted to place her in a protective geriatric facility because of her forgetfulness. “I won’t tell them I lost my keys or they’ll put me away,” she said.

“You didn’t lose your keys. You misplaced them,” I assured her. “And, you found them!” But my words fell on deaf ears.

A few moments later, when the bus swung north, my companion leapt from her seat. I wished her a happy holiday as she stood and made her way towards the front exit. Before she reached the driver she turned and screamed, “I’ve lost my gloves!”

“DON’T TELL ANYONE!” I bellowed back.

She left the bus and stood in tired grimy snow on the curb, a worn woman, alone, defeated by age, rummaging once more through her bags. As the bus jolted forward, she jerked her gloves aloft, a radiant grin on her face.

I sat on the bus and wept. For her. For me. For everyone who grows old.

I hope she didn’t tell her family.

Light rail rant

William Sheridan

Lots of money spent
Indignant home-owners disrupted
Giving and taking insults
Happy downtown merchants
Tunnel digging continues

Regular bus routes changed
Always fare increases
Insolent OC Transpo staff
Let’s hope for the best

Real improvements promised
After project completed
New extension requested
To link Kanata and Orleans



Illustration Claire MacDonald

OCTranspo

Susan Rondeau Lecorre

Sound of wheels turning;
bus driver says hello ma’am
— trip into nature.

OCTranspo bus
will bring me many places:
like to Naomi’s
or downtown to McDonald’s;
my nicest way to travel.

Standing at the stop
I chat with other people
in the clean, fresh air;
forces me to exercise
by walking to catch the bus.

Sometimes I run there:
“Wait for me, I am coming.”
— winter is the worst.

My experiences on Para Transpo

Naomi Wilanski

On the whole it is a good service but with some inconveniences. You have to allow a half hour’s grace before you can call to find out where they are. If you booked for 8:00 a.m. you cannot call until 8:30. It is understandable because there are other pick-ups and drop offs but this means you have to book two hours ahead of the time you want to be at your destination.

Personal experiences.

Twice the driver said I was no show when I had gone to my lobby early and people were saying good morning to me. This meant they also cancelled my return. They did get me another vehicle, but it made me late. One of those times was for a medical appointment.

Another experience is that a passenger complained about everything saying that Para was late and he could not get through when he phoned. Apparently he was calling too early and to the wrong number. Then when the driver wanted to drop me, he said it was not where he wanted to go. He bugged the driver so much that she asked him if he wanted me to jump off the van.

Another experience is that a driver came for my neighbour who was going to Riverside Hospital but he kept insisting that I get in his vehicle, even though I tried to tell him that he was scheduled to pick up my neighbor and I had another vehicle booked. The driver did not want to listen. Thank God my ride showed up while we were talking

As far as my regular OC Transpo experiences, I find the biggest issue is with riders not giving up their seats to seniors or the disabled.

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Laurel 749-2249

Sightseeing on OCTranspo

Susan Rondeau Lecorre

I know a lady in her 60s. She’s retired, and so has a bit of time on her hands – enough time to go for joy rides on public transportation. Yes, she goes sightseeing on Ottawa’s OCTranspo.

The various routes go through various neighbourhoods, some of which have lovely houses. Hmm – what would it be like to live there? Or there?

Why, I didn’t know that store had moved to this location – and I can get there by taking the number 7!

Try taking a ride around your city on the public transit. The ride is slow. All kinds of people get on and off. “All aboard, fellow travellers – most of you are in more of a hurry than I am.”



Green Gatineau Christmas

Photo Graeme Hunter

Biking’s travel too

Graeme Hunter

I’ve been abroad, but not so often or so exotically as certain people of my acquaintance, nor have I rolled my foreign travels into ready touristic sound-bites, currency of social gatherings. Solitary biking round the shire puts all this travel business in perspective. “You are comfortable in this spot,” I tell myself in borrowed words,

so full of grace and being
that it sparkles like jewels
spilled on water.

That’s Tom Hennen, a new poetic love. Hopkins puts the same point this way:

These things, these things were here
And but the beholder wanting.

And Blake views it from another angle:

A double vision my eyes do see
And a double vision is always with me

To my inward eye ’tis an old man gray
To my outward a thistle across my way.

Local roads are conversations in your local dialect. Also dialectical conversations in which the countryside contours your flat ideas. Quiet passages teach you to hear. Take that snowless Christmas Day last year, that special gift of sunshine and warmth. The mosses on the rocks were wearing their spring-like green; the ferns came back to life; fat squirrels were burying their nutty hordes in the forest.

True, the grey depleted streams looked discouraged, hoping for ice and snow to cover their meagreness. And the rivers were an uninviting metallic blue. The low sun was always in your eyes but didn’t tan your face.

You are not supposed to be out here in this season, the countryside told me. You are disturbing events that only take place in secret.

You could sense, but not feel, the approaching remedy of snow.

Friends a cat can count on

Paula Kelsall

Every morning Nicole passes through Sandy Hill on her way to work and stops to make sure that the stray cats living near Daly Avenue and Cumberland Street have their breakfast. The sun isn’t up yet as she tops up bowls of dry food, puts out fresh water and slips a hand warming pad underneath the water dish if it’s an especially cold day. At suppertime Madeleine, who lives on Rideau Street, will come by to check the feeding station again and make sure that there’s enough food to get the cats through the night.

The feeding station is a lovingly constructed little shelter, set on stilts to keep skunks and other neighbourhood wildlife from getting into the food. It’s hard to catch a cat in the act of visiting for a snack, but tracks in the snow show that they do come, from the street and over backyard fences.

Nicole and Madeleine are volunteers with Ottawa Stray Cat Rescue (OSCATR), an organization that was established in 2011 to get feral cats in the Ottawa area off the streets and into welcoming homes. Since the colony of cats that has been thriving for a few years around the block of Daly between Cumberland and King Edward came to their attention last summer, OSCATR has picked up 30 cats in the neighbourhood, and has found homes for 20 of them. This is the only cat colony in Sandy Hill that OSCATR is aware of, but they say that they are tending to roughly 60 colonies in the Ottawa region.

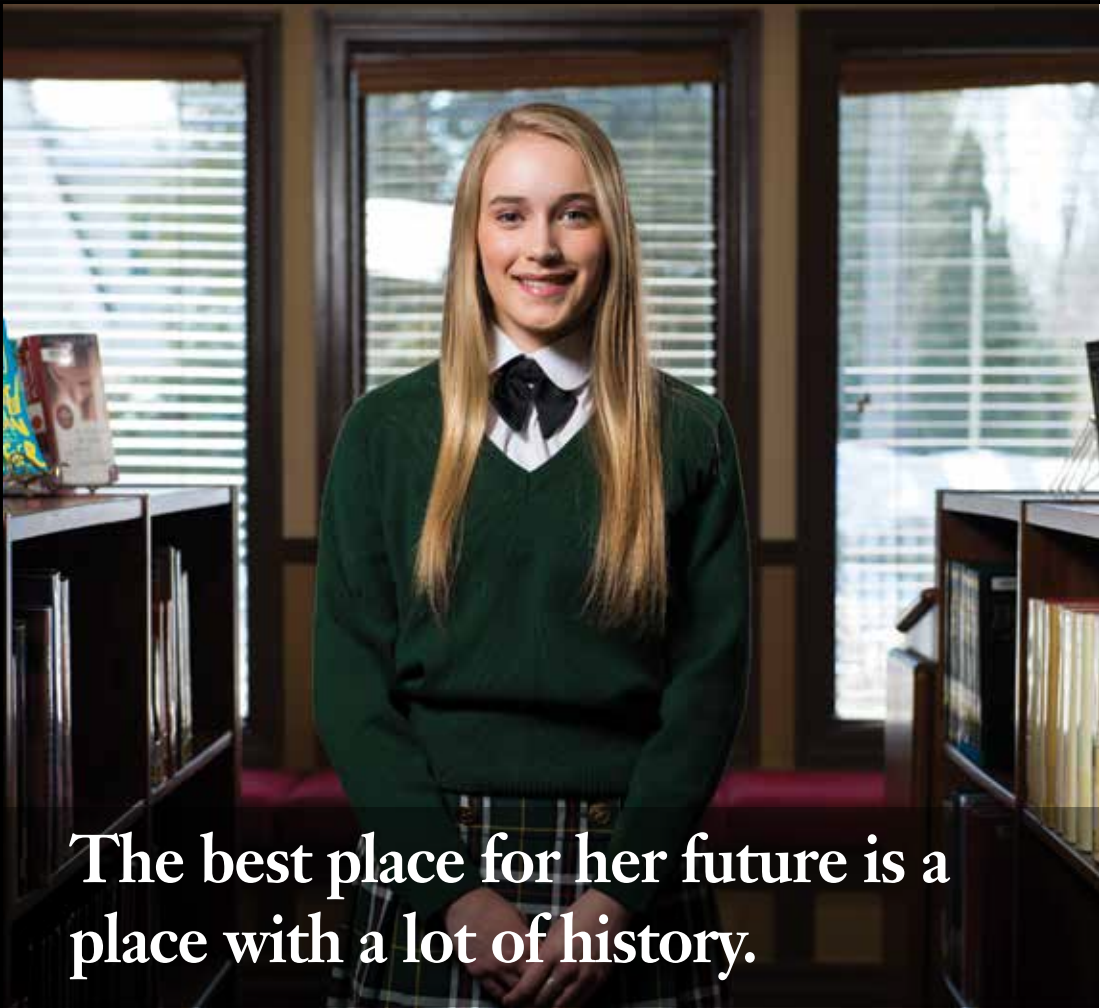


Photo Paula Kelsall

Paw prints at this feeding station for feral cats on Daly Avenue show it is helping them get through the coldest weeks of the year.

Some feral cats can’t make the transition to living in a house, and in this case OSCATR will have them spayed or neutered, vaccinated, microchipped and returned to their neighbourhood. The TNR (for trapped, neutered and released) cats have a tiny notch in one ear for identification. As the organization points out, although these cats are still living on the street they are less likely to fight or mark their territory, and they won’t be bringing any kittens into the world.

If you’re interested in donating to or volunteering with OSCATR, check out their website at oscatr.ca. Be warned, though; the website features a most enticing gallery of adoptable felines. You may find fur on your sofa before you know what’s happened!



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News from Viscount Alexander Public School

Michael Barnes

Recycling is the future

Recycling education is humanity's best hope for preserving the planet and can have a powerful impact on the lives of our young children in the long term.

At Viscount Alexander Public School, recycling is a mandatory part of the curriculum. As a SK/Grade 1 team, we are designing in our classroom a recycling centre and planning activities within it that promote each child's creativity and well-being in a play-based environment, by introducing recycling.

We are working to teach young children about the importance of recycling and the ways it protects their environment by creating and maintaining a well-designed, healthy and safe classroom. As well, we encourage parents to become involved in the recycling program and to take an active part in their children's recycling education.

Weekly skating classes are underway!

Skating sessions for students are underway at Sandy Hill Arena. Special thanks are due to Alan Martel from the Ottawa East Hockey Association, and his team, for all of their hard work preparing our skates. We have close to 70 students borrowing skates this year and the Sandy Hill Skate shop did a great job preparing for their use. Students skate on Wednesdays and Thursdays at the arena, and will be preparing for our Annual Skate-a-thon in March. Thank you to all of our staff and

volunteers for their continued work in helping with the skating sessions.

Learning more about Inuit culture and traditions

On January 15th all of our classes worked with Dion Metcalfe, from the Ottawa Children's Inuit Centre, to learn a variety of Inuit games. The centre provides workshops for schools to learn about Inuit culture, traditions, and even some Inuktitut! Dion has visited Viscount several times this year to work with our classes with artwork, and to help the students further appreciate the variety of landscape and traditions that we can find in Canada. The games performed require perseverance, focus, and a great amount of physical strength.

Bringing tennis to the school

Tennis should be a natural at Viscount as just 30 metres from the school property are two city tennis courts.

It's our hope that Rideau Tennis Club tennis professional, Zhenya Kondratovski, will be giving lessons to some students in spring 2016. I have had the opportunity to watch Zhenya instruct over the past decade and I know our students will be hitting aces before long and having a great time on the courts. Tennis Canada has recognized his coaching excellence.

Our students like their Ukulele Club!

This is what two Ukulele Club members had to say about their club:

"The Ukulele Club at Viscount Alexander is outstanding! Every Thursday kids use their time to learn something new. We gather as a group, with M. LeMonnier and Mrs. Mills, in the library to learn with this great instrument. I would rate the club 10/10! Every year we teach kids new songs and games with the ukulele! I hope this year is one of ukulele club's best years!"

Hadrian Dunlop--Grade 5 student

"J'aime l'ukulele parce que c'est un instrument facile à jouer et on peut apprendre beaucoup de chansons. Aussi, l'ukulele est petit, ce qui est plus facile pour le tenir. J'étais au Club d'ukulele l'an passé et j'ai beaucoup appris. C'était une belle expérience et je vais m'en servir dans le futur. Une belle chance d'apprendre quelque chose de nouveau. À toi de jouer!"

Delina Samiel - 3ème année

A day at Ottawa University

"On Thursday January 7th, 2016 all of the girls in Grade 3 - 6 went to the engineering building at Ottawa University to learn about engineers and what they do. We did 3 activities. First we learned that the 5th gear on a bike is faster than the 1st gear. I never knew that! From there the teacher told us we would be working with pulleys and gears. We were split into groups and our group started with gears. We got blocks and started building gears. We had a great time. Then we went to the pulley side. As a group of 3 we worked with the pulleys. We put a lot of marbles inside the can that we were pulling. It was so heavy; we all fell on the floor because we were so tired! We did it though, using a pulley. After our snack we went onto the computers and learned about a program called scratch. Scratch is used to create games. You could make any games you would like. It was really, really fun! We can use this program at home too. Finally we had to build a structure that was very sturdy. We needed to make sure that it held 15 magazines. We used straws and tape. The teacher said it was very sturdy. We were allowed to keep the structure at the end of the day. It was the best day ever, and I hope we go again next year! I think engineering is awesome because you can build things!"

Dance comes alive

Last week was a busy week for staff and students. All of our students worked with Mr. Cee, from Luv2Groove, in four sessions throughout the week learning dance moves. The energy in the gym was awesome as students learned elements of dance, improv and worked on their memories with a dance routine. A big thank you to Mr. Cee for spending the week with us at Viscount!

Adawe Crossing opening

A few of our classes attended the opening ceremony of the Adawe footbridge that crosses the Rideau River, along with Mayor Watson, and Councillors Fleury and Nussbaum and many other interested citizens.

To learn more about Viscount

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Junior Boys OECAA Borden Ball Regional Champions with coach Kristi Fulford.

Photo Kathleen Kelly



Many enjoyed a carriage ride down the street, drawn by John Cundell's splendid horses.

Une autre belle journée pour le Carnaval d'hiver de la Côte-de-Sable!

A lively winter carnival on a balmy day

Christine Aubry and Catherine Fortin-LeFaivre

On Sunday, January 31, Action Sandy Hill hosted another wonderful Winter Carnival at the Sandy Hill Community Centre. The balmy weather was perfect for outdoor fun and the rain held off until supper time.

Along with many returning favourites—including John Cundell with his horse-drawn wagon, the University of Ottawa Men's Soccer Team, and local artist Claudia Salguero who sculpted a beautiful ice owl—there were a few new features this year: Dexter the Dinosaur, the City of Ottawa mascot, was on hand to give some high-fives; local dad Bader was a huge hit with his balloon animals and swords; and there was a full house for children's entertainer YAKI's sing-along. And of course, St. Joe's Supper Table wowed us again with a delicious menu of stew, macaroni and cheese, and apple crumble.

The Carnival could not happen without the support of several sponsors and many volunteers.

De la part du commanditaire principal du Carnaval, Action Côte-de-Sable, nous tenons à remercier nos partenaires: le Centre de santé communautaire de la Côte-de-Sable, Lynda Cox (agente immobilière),

notre conseiller municipal Mathieu Fleury, ainsi que Bridgehead pour le café. Merci aussi à notre maire Jim Watson qui est passé encourager les organisatrices et faire la causette avec la foule.

The Carnival is run entirely by volunteers: the taffy team was made up of François Bregha, Diane Beckett and Jan Finlay; Barbara Brockmann and daughter Kathleen O'Keefe ran the Valentine's crafts; Mathieu Fleury's team served hot chocolate and coffee. A special thank you goes to helpers Lynda Giffen-Clements, Amy Arnold, Glen Kitchen, and Simon Kitchen (aka Dexter). We were also thankful to have Community Centre staff Chloe Brynen and Pascale Boucher on hand to run the broomball and snow games. And we would be remiss not to thank the truly amazing team of volunteers from St. Joe's Supper Table who took care of everything for the community dinner.

Un grand merci à tous ceux et celles, petits et grands, qui ont profité de cette belle journée avec leurs voisins de la Côte-de-Sable. Nous espérons vous revoir nombreux l'année prochaine!

Below— Denis Forget and Éric Audet distributed membership information and neighbourhood pamphlets at the Action Sandy Hill table.

Photo Christine Aubry



Event sponsors Councillor Mathieu Fleury, Action Sandy Hill President Chad Rollins and real estate agent Lynda Cox enjoyed the scene.

Photo Christine Aubry



Kids, crafts and snowsuits aplenty in the crafts room.



After the fun came the food...event organizer Christine Aubry fetches the buns.



Above—L'équipe de St Joe's Supper Table a servi un repas délicieux de ragoûts, macaroni fromage et crumble aux pommes.

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Happy New Year to Sandy Hill home owners

Let's talk real estate

Lynda Cox



IMAGE has given me an opportunity to write a series of articles that will address some current real estate topics. What would you like to know? How can I help you find the resources you need? I would like to address your questions and hope that you will write to me: lynda@lyndacox.com. Let's work together.

Each article will be dedicated to your education in the somewhat complicated world of real estate in Ottawa and more specifically Sandy Hill.

Ottawa is a very stable market compared to Toronto, Calgary and Vancouver. The scary statistics you hear about bursting real estate bubbles, generally, DO NOT apply here. We are a government town with a robust yet calm real estate sector. At the present time, the market is slower than the early 2000s but overall it is steady. Each urban neighbourhood creates its own niche market. Sandy Hill is known as an embassy/student housing mix with everything in between.

Let's take a look at 2015 Sandy Hill statistics: 45 residential homes were sold; average sale price was approximately \$642,000 with two homes selling for over \$1 million. The average time to sell was 73 days, a few properties taking closer to one year. Let's look at condominiums for a minute: in our area there have been 66 sales, average sale price being \$341,000 with the average time to sell being 65 days.

Have prices increased over last year? Yes.

Residential properties have seen an increase of approximately 11% from 2014 sales but condo owners have only seen a 0.67% increase overall. Why? We still are struggling due to the condo "glut" i.e., overabundance of new units for sale along the Besserer/Rideau corridor. Once those have sold we should see more normal increases in that sector. Is this a good time to sell your condo? If you have lived there for less than 5 years I would say wait if possible.

Eclectic Sandy Hill is a diverse mix of styles, prices and uses unlike many other urban neighbourhoods that are mainly single-family residential. Over the last few years many homes have sold to investors creating much-needed student housing but distressing some longtime residents. Zoning in Sandy Hill varies block by block and in the past, investors have been able to get variances to build what zoning did not previously allow. Again, the Sandy Hill residents spoke up after the Blackburn eyesore was built and received a halt to those permits for a short time.

On a bright note, we have seen and are seeing some major interior and exterior renovations, additions and rebuilds of original single-family homes enhancing and bringing value to the neighbourhood.

Heroic moves to save historic landmarks like All Saints Church and the Carriage House indicate a very active community base, unseen in any other urban area in Ottawa to my knowledge. I applaud these efforts.

We have such a strong community. It will continue to thrive even with the little "student housing" bumps along the way.

In future articles I hope to discuss:

- **Downsizing:** Is it time and what do we do with all this "stuff"?
- **Real estate options for aging parents;**
- **Do we renovate to sell?** Will it be worth it?
- **When is the best time of year to sell?**
- **Why do realtors want me to get a building inspection** done before I put my house on the market?

These name just a few topics. We might even tackle the tricky world of zoning. I look forward to getting your suggestions. Let's learn together. Stay warm and let's talk.

Lynda Cox is a licensed real estate sales representative with Faulkner Real Estate Brokerage Ltd. You may reach her at lynda@lyndacox.com.



Gregory's Leather: 43 Years on Rideau

Claire MacDonald

Make a visit to Gregory's Leather on Rideau Street and you will be greeted with warmth by Gregory Gitas who brought sunshine from his native Greece when he first came to Canada in 1967. A few years later, in 1973, he established a first in leather shops in Ottawa. His first store was on Rideau near Waller, alongside the Hayloft, for those of you who may recall the Rideau Mews. He has been at his present location, 458 Rideau, for 33 years and will celebrate his own 50 years in Canada in 2017.

He knows his leather and suede and works in his attached studio amidst a multitude of patterns and coloured threads. When visiting Ottawa, tourists from all over the globe visit his shop which they have previously discovered through his Internet site.

Mr. Gitas also has some thoughts on the importance of Rideau Street as it extends from the Parliamentary precinct to the Rideau River. Shouldn't this be an avenue populated with people and businesses, a cause for Canadian celebration?

A customer who came in when I was visiting added that Gregory is a wonderful tailor. He said that Gregory reshaped his ill-fitting camel-hair coat into an elegant garment; a very satisfied customer.

Check out Gregory's big inventory sale with up to 80% reductions. His is a 2,000 square foot store, half devoted to menswear, the other to women's clothing, and he is looking to reduce stock. He would be happy to meet neighbours.



Gregory Gitas works leather and suede in a studio attached to his shop.



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New book by the Rev. Mark Whittall

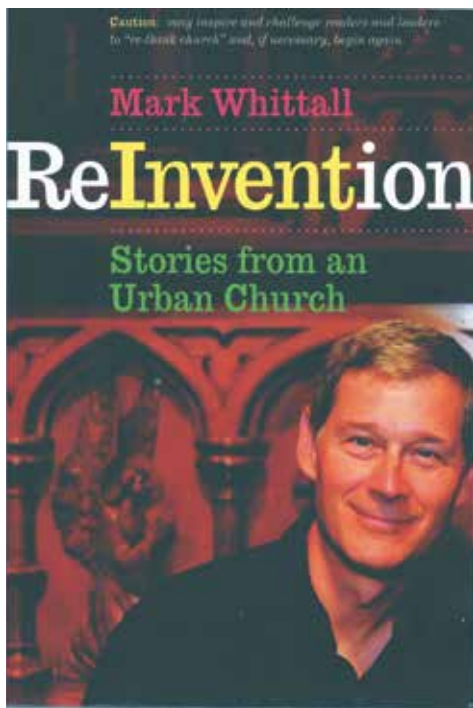
Bright and enterprising spirit of St. Albans church

François Bregha

The Anglican church of St. Alban the Martyr at the corner of Daly and King Edward avenues is one of Ottawa's oldest churches, as old as Confederation itself. Although over the years it attracted the cream of Ottawa society, by 2011 St. Albans faced an existential challenge. Its congregation had left the Anglican Church over the issue of same-sex marriage. The diocese's announcement that a drop-in centre for vulnerable people would move back to the church basement had attracted intense opposition from the immediate neighbours. The building itself was old and in need of expensive renovation. Could St. Albans be saved? Or, as Mark Whittall, St. Albans' new minister, asks provocatively in his just-published book *ReInvention*, "who in their right mind would start a new church in downtown Ottawa in 2011?"

At one level, *ReInvention* tells the story of how a church community was re-established at St. Albans and has come to thrive in spite of the odds. The book's more important story, however, is about the need for churches to re-imagine how they interact with their communities. Whittall argues, and his own successful experience supports the point, that churches need to reconsider their role, their liturgy, the use of their buildings and their outreach in order to reflect today's societal values and expectations.

Unusually for a minister, Whittall used



to be an engineer and an entrepreneur. He describes St. Albans as an R&D lab for the broader church. This background gives him a unique perspective on the challenges and opportunities that established churches face. Even though we live in a secular age and fewer people identify with mainstream denominations, Whittall believes that attendance at downtown churches is not fated to drop inexorably if they are prepared to adapt. But they will need to do more than learn to harness social media or garner new revenue streams through concerts. Being authentic, talking about stuff that matters, exploring answers together and establishing strong relationships are some of the essential attributes to success Whittall lists.

Whittall's book is inspiring—who doesn't like the story of a successful start-up?—but it also presents a profound challenge to the established order. St. Albans' solutions will not work everywhere. But given the number of old churches in Sandy Hill, one can only hope that this book receives wide readership and its lessons are studied closely. These lessons are relevant not just to churchgoers but to everyone who lives in Sandy Hill.

The book is available for sale at St. Albans.

No rest for Sandy Hill artists Lacelle and Evanchuck

After the craft fair come the art shows

Hélène Lacelle and Peter Evanchuck, who bring the One & Only Craft Fair to the Sandy Hill Community Centre each November, have a new artistic project currently on display in the neighbourhood. MARVELLOUS REALISM CANADA is a joint project using Peter's photographs as the basis for some very atmospheric images. Timothy's World Coffee at 234 Laurier is now showing A Doll's House, a series of photos of abandoned Maritime houses. There's an uncanny, luminous quality to these pictures; did any field of fireweed ever have such an electric shade of pink? And what is that small plastic doll doing on the back steps?



Hélène Lacelle's work can also be seen through the month of February at Café Nostalgica, 601 Cumberland St. They are planning a nationwide series of exhibitions, but Sandy Hill is getting an early look.



Hélène is one of ten local artists given a table top by Nostalgica's bar manager, to create art on and then be auctioned off with proceeds to CHEO. Above, she delivers her donation to bar assistant Rebecca Verbeem.

Photo Peter Evanchuck

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Le français correct ✓✓✓

par Denyse Mulvihill

Améliorer son français, c’est la responsabilité de chacun. Attention de ne pas confondre le sens français avec le sens anglais de certains mots.

On doit dire :

> **À vrai dire**, qui signifie « en toute vérité, sincèrement sans vouloir tromper » — non pas — pour dire vrai, ce qui est un anglicisme.

Ex. - *Malgré les nombreuses interruptions subites par l’orateur, lors de sa récente allocution, celui-ci, calme et serein, a terminé sa présentation en déclarant, qu’à vrai dire, il avait simplement exprimé une opinion répandue dans le monde sur le sujet en question et que les auditeurs étaient libres d’en juger la valeur.*

> **Croire que**, qui signifie « espérer que, souhaiter que, présumer que » — non pas — être confiant que, ce qui est un anglicisme.

Ex. - *Dans la situation écologique qui frappe le monde aujourd’hui, on s’efforce de croire que tous les Chefs d’état, conscients de leurs responsabilités envers l’humanité, mettront en vigueur le plan d’action dont ils discutent depuis longtemps, afin d’éviter la destruction graduelle de la planète.*

> **En fin de compte**, qui signifie « en bref, en résumant, en dernier lieu » — non pas — pour couper court, ce qui est un anglicisme.

Ex. - *Depuis que toutes sortes d’appareils électroniques de plus en plus variés, petits et sensibles ont fait leur apparition dans le monde, puis, sous l’influence des satellites, règnent sur le marché international, on vit, en fin de compte, dans le siècle de la vitesse, de la course effrénée vers un but inconnu mais réel, pour aboutir à un monde muet et solitaire, lequel mène à l’isolement, puisque la communication verbale, en face à face, en compagnie d’amis ou de parents, se trouve mise au rencart.*

> **S’interroger sur quelque chose**, qui signifie « se poser des questions à soi-même, descendre en son for intérieur, en sa conscience, en son âme » — non pas — se questionner, ce qui est un anglicisme, sauf s’il s’agit d’une conversation entre plusieurs interlocuteurs qui discutent mutuellement et dans une situation de réciprocité.

Ex. - *Quand on doit prendre une décision définitive sur un acte à poser, ou sur une activité à entreprendre, il est sage de s’interroger sérieusement sur les effets possibles d’une telle décision et d’en analyser tous les aspects imprévus aussi bien que les résultats qui pourraient sans doute, changer le cours de sa propre vie et celle de ses proches.*

> **Saisir l’occasion de**, qui signifie « se servir du moment présent pour faire quelque chose, agir selon les circonstances » — non pas — saisir l’occasion pour, ce qui est un anglicisme.

Ex. - *On trouve souvent le temps de faire, à tous et à chacun, des promesses d’entraide et de collaboration à des projets de mieux-être et d’améliorations des lieux dans le quartier où l’on habite, mais alors, pourquoi, le temps venu, ne pas saisir l’occasion de tenir parole en se joignant à ceux qui savent oeuvrer dans le domaine.*



SoulMoves Studio opens at Chapel and Laurier

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Steffi Retzlaff

The SoulMoves Studio, founded and operated by Steffi Retzlaff has opened its doors at All Saints at Laurier and Blackburn. On the daily schedule you’ll find Nia, Yoga and Soul Motion classes.

As the first practice to combine martial arts, dance arts and healing arts, **Nia** has fundamentally changed people’s lives with its evolutionary approach to fitness and wellness. Nia encourages people to listen to their body, to get in tune with what their body needs. Nia sessions are done barefoot to soul-stirring music and explore various structured choreographies and a portion devoted to FreeDance so that students can express their own movement styles.

Nia classes are about an hour long and go through seven cycles, starting with focus and intention (which will change from class to class). Then we step in, followed by the warm-up, the get-moving cycle, cooling down and some FloorPlay (often yoga-like and stretching movements). Participants then step out.

Nia is done at each person’s own individual level. You listen to your body and move as much or as little as your body wants to. While everyone follows the basic dance steps and arm movements, just how much you bend, kick or punch or how fast you move depends on yourself and your abilities. Nia thus benefits people of all ages and abilities, and can be tailored to specialty populations. Toned muscles, more energy and stress reduction are welcome by-products, as is a better understanding of the body. Moreover, studies have shown that non-repetitive, stimulating cardiovascular activity such as Nia is capable of counteracting age-related neuronal cell loss, thus also improving higher level cognitive functions such as memory and imaginative thinking.

With Nia’s “More-Gain, No-Pain” philosophy exercise becomes pleasure rather than punishment: If it feels good, do it; if it doesn’t stop and tweak it. Nia is built on a rich body of education. In order to ensure

the best delivery of the benefits of Nia, certified teachers go through an extensive training before teaching their first class.

Nia nurtures the mind, body and spirit and provides a safe and joyful outlet for stress. There is no judgement in a Nia class; it is about participation using one’s own imagination and creativity, living in the moment and having fun.

Soul Motion™ inspired Conscious Dance Practice, on the other hand, doesn’t follow any choreography. Structured experiences/exercises and free forms guide the journey within.

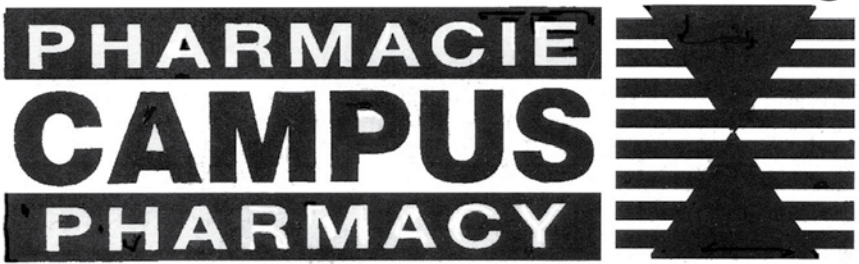
In a Soul Motion™ you move through four relational landscapes: dance intimate.... we move alone dance communion... we move with one other dance community... we move with everyone dance infinity... we move our practice to the everyday life

You are provided time to arrive in your body, in the space and in your process, to get a personal sense of yourself and your inner dance, before you might choose to open up to one other or all others. Supported by gentle sounds, energetic rhythms and silence we use moments of delicate movements as well as wild dance to reconnect to the inner divine source inside of us. Body sensations, images and feelings turn into authentic movement impulses. In that sense the dance becomes therapeutic as our body memory allows us a very direct access to our inner world(s).

The SoulMoves Studio also offers **Yoga** classes. The Yin class on Thursday night, for example, is a great way to wind down. Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga. Yin Yoga uses longer holds in fully supported postures to bring release to connective tissue, specifically ligaments and tendons in the joints and spine.

Let’s move together.

Info, schedule and rates for class packages can be found here: www.steffiretzlaff.com.



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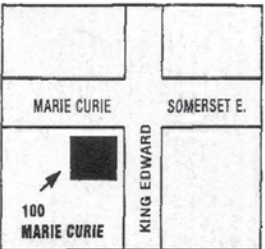
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Dimanche 10h00 - 14h00
Sunday 10:00 - 2:00



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Don't get skunked!

Eleanor Woolard



Sandy Hill has an abundance of wildlife and a superabundance of skunks. While skunks are lovely, at a distance, they do leave the summer air redolent of rotten eggs on burning tar, the sign that someone has come off the worse in an argument.

Removing skunks is pointless. Unless we engage in mass slaughter, removing a few just encourages others to move in to the emptied niche. A more workable approach is to manage the skunk population and discourage it from settling in your yard. *Especially* if you have a dog or cat who might dispute possession.

Skunks are very shy. They only attack when threatened. But, since they are nearly blind, they frighten easily. That's when they flip their tails up and start stamping their feet to warn you that they are armed and dangerous. Chemical warfare is their last resort, and their only weapon.

Skunks settle where there is food and shelter. To discourage them, don't put your garbage out just in plastic bags, get a garbage can for them, and keep it, and the green bin, sealed. Many bins have a slide lock on the top: learn to use it.

And don't throw food litter on the street. Skunks have terrible eyesight, but great noses.

Make potential dens inaccessible. Seal off under sheds, porches and foundations. If you have a dog, don't just throw out its shed fur: save a bagful and put big clumps inside areas that might make good dens. Skunks primarily den to have babies, and they do not want to live near potential predators.

If you don't have a dog, ammonia-drenched rags will discourage unwanted tenants, as will bright light. This will work even if a mother has already had kits under your porch: use a stick to insert the ammonia rags, and leave her a radio playing something loud. She will move those kits out of there *tout de suite*.

However, if there is a family under the porch, it is best to show tolerance: if they are not frightened or threatened, they will do no harm. The family will move when the kits are big enough and evicting them early may only make them your neighbours' problem.

Put up a sign warning that there is a skunk family in residence, big enough that local dog walkers can see it from the sidewalk, and take remedial measures once they have gone.

If you see a "sick" or injured skunk, don't panic! The most common skunk disease is distemper, not rabies. Rabies is extremely rare in Canada, even in wild animals. Humans don't get distemper, but dogs and cats do. Annual vaccination can prevent this, so be sure your companions' shots are up to date.

Trapping and transporting wildlife looks great on YouTube, but in reality it usually means death for the animal, because they do not know the new territory, where to find food, and they have to fight existing residents. Rather than call a trapper, even a "humane" one, take the steps outlined annually, and the skunks will migrate to somewhere more hospitable.

Sandy Hill Health Watch

An action plan for better health!

by Madeleine Bluteau, SHCHC



If you've tried to make changes to improve your health and have not been successful, chances are you need some tools! An *action plan* is one tool you can use to help you meet your goals. An action plan includes a realistic, meaningful goal to meet, and the small, achievable steps you can take to reach it. Read on to learn how to create an action plan.

Choose a goal

The goal you pick should be realistic, specific and something you want to do. A goal like "be more physically fit" may sound good in theory, but it does not give you the information you need to make changes. The trick is to pick something meaningful that you can achieve. For example, let's say you want to be able to walk the one kilometre route home from the grocery store carrying two bags of groceries.

Make an action plan

Once you've picked your goal, you are ready to make an action plan. An action plan is a small, manageable change that you can reasonably accomplish *in the next week*. The change you pick should be a small activity you can accomplish that can help you reach your goal. It should be realistic, and based on your abilities and confidence level.

For our example above, an action plan for the next week could be to incorporate small amounts of physical activity into your day. Include specific details in your plan: what exactly are you going to do? When will you do this? How much will you do? Build time off into your plan to

help ensure success, and plan to complete your action on three or four days of the week, rather than seven.

Start slowly, considering where you are. If you can only walk for two minutes, walk for two minutes. An example of an action you could take would be to walk for two minutes before breakfast, lunch and dinner on four days over the next week.

Once you have decided on your action plan, ask yourself, "On a scale of 0 to 10, with 0 being completely unsure and 10 being completely certain, how confident am I that I can complete this plan?" If you answer 7 or higher, this is likely a realistic plan. If you answer below 7, take a look at your action plan and figure out why you are uncertain. Solve any issues you come across, or change the plan to something you are confident you can achieve.

Taking action

Once you have your action plan in place, let your family or friends know. Ask them to check in with you over the week. Take notes about your experience and keep track of your progress. Even if you have setbacks, over the course of a week you should see progress. If you struggled to complete your action plan, do some problem solving to see what happened. Was the action plan you chose unrealistic or not something you really wanted to do? Create a new action plan for the next week using the information you learned.

Good luck and keep at it! Attend a free goal-setting workshop to learn more about creating an action plan. Call Madeleine at 613-789-1500 x 2521 for more information.

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Photo Jan Meldrum

After our big January snowfall, this smiling (and double sided) snowman was beautifully sculpted by Mitchell Webster of World-view Studio on Blackburn Avenue. We're waiting for the next big snow, Mitchell!



A summary of recent IMAGE restaurant reviews and food features! Please send news of your recent Sandy Hill food discoveries to image22@rogers.com

Jerk Grill Cafe, 320 Willbrod St.

The Jerk Grill Cafe closed its doors in early January, only a couple of months after its grand opening, so this perennially-changing restaurant space is sitting empty once again. The cafe’s catering services are still available, however; contact jerkcafejerk@hotmai.com if you have a gathering coming up that could benefit from some Jamaican flavours. Their cocktail-sized patties with savoury fillings make for wonderful finger food.

Kothu Rotti, 408 Dalhousie St.

For abundant deliciousness on a budget, it’s hard to beat Kothu Rotti’s Sri Lankan take-out lunch and dinner specials, at \$6.99. The vegetarian combo includes rice, raita, poppadom and your choice of three curries. Be sure to try the richly sauced green beans. Portions are generous enough to make a perfectly satisfying lunch for two, but you’ll probably want to wolf it all down by yourself. Open Monday-Friday for lunch and dinner; weekends for dinner only.

Rideau Bakery, 384 Rideau St.

The frosting specialist at the Rideau Bakery has pulled out all the stops this year, with a series of Winterlude-themed sugar cookies. At \$3.00 each (tax included), they’d make a splashy little gift, and are more than large enough to share. See photo, page 1.

Signatures, 453 Laurier Ave. East

From the 12th to the 14th of February, Signatures is offering a special Valentine’s Day menu for \$89, opening with a Champs Elysees Signatures cocktail to whisk you away from the realities of winter in Ottawa. Our poshest neighbourhood restaurant is open for dinner from Tuesday-Saturday and for lunch Tuesday-Friday.



Photo Dodi Newman

Tired of the same old winter flavours? Use citrus brighteners

Dodi Newman

After a winter in which I ate spinach and broccoli more often than I care to remember, I can hardly wait for the first locally grown vegetables. Until they appear in our markets, brighten up your meals with sparkling citrus flavours. Not only are citrus fruits good for you, what with all that Vitamin C, they never fail to refresh our taste buds and add zest to the most humdrum foods. A few cases in point:

Avocado halves sprinkled with lime juice and filled with shellfish make a first-class appetizer.

A citrusy salad inspired by Steven Raichlen’s “Miami Spice” cookbook: per serving, top a generous amount of young salad greens with two or three slices of peeled blood orange, add four or five red onion rings, dress with a balsamic vinegar, olive oil, salt and pepper.

My old standby, grated carrot and apple salad dressed with grapefruit juice (see Oct./Nov. 2011 IMAGE, p. 14; or, home. imagesandyhill.org/ and choose 2011-4 from the Archives.)

You can even use the leaves of a citrus tree, as in as in the “Rich Prawn Curry” by Nigel Slater, found here: www.bbc.co.uk/food/recipes/rich_prawn_curry_98414. I use sweet and tender medium shrimp. Mangetout is the British term for snow peas.

One of my favourite recipes is based on a recipe by Paola Scaravelli in her book “Cooking from an Italian Garden.” Even people who find cauliflower just too boring for words find they like it this way:

Cauliflower with lemon zest and capers

Serves 4 to 6

1 medium head cauliflower, cut into bite-sized florets, trunk and large stems discarded

3 tablespoons olive oil

1 large clove garlic, minced finely

2 tablespoons capers, finely chopped

1/2 lemon, the zest only, or more to taste

3 tablespoons finely chopped fresh parsley, or more to taste

salt and freshly ground black pepper to taste

In a 10” (25 cm) or larger frying pan, cook, covered, the cauliflower florets in a little water until barely done. Make sure they don’t burn! Drain and reserve.

In the same frying pan, heat the oil over medium heat and sauté the garlic, capers, lemon zest, thyme and parsley until wilted, one or two minutes. Add the cooked cauliflower, sprinkle with salt and pepper to taste, quickly and gently mix everything until the cauliflower is evenly coated with the seasonings. Serve immediately.




Photos Paula Kelsall



The Guild Room, 319 Chapel

If you are passing by or dancing/ exercising/ meeting in the All Saints building, drop by the street-level Guild Room for a cup of coffee. Don’t be surprised if you cross paths with Fizza Kulvi (pictured above), who is helping develop new programs for the building, along with Leanne Moussa and others in the corporation which is the new owner. (See p. 1.)



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Envirocentre workshops

@ Rideau Library, 377 Rideau St. (see envirocentre.ca and choose workshops)
How planning a green renovation can save you money! Thurs., Feb. 18, 7:00 to 8:30 p.m. Thinking of a major renovation like a finished basement, new siding or replacing your heating system? An energy assessment will help you make good decisions. You will learn: what an energy assessment is; what renovations can benefit from an energy assessment and why; prioritizing renovations and how to work energy savings into them. Register: www.eventbrite.ca/e/how-planning-a-green-reno-can-save-you-money-tickets-19953979891
Lazy energy: making energy work for you! Thurs., Mar. 17, 7:00 to 8:30 p.m. This presentation shows how we can take steps to achieve a better quality of life with a much lower energy use. You will learn: a big picture context for energy conservation; easy, practical and inexpensive energy efficient tips for home, transportation and food; Register: www.eventbrite.ca/e/lazy-energy-energy-conservation-making-energy-work-for-you-with-greg-furlong-tickets-19954256719

Sandy Hill seniors

Coffee group meets on Tuesdays from 2 - 3pm for conversation at Econolodge, 473 Rideau St. Call 613-237-1821 for details.
Seniors' Network – Meets every 4th Wed. for lunch and a speaker/discussion group in the hall at 473 Cumberland St. corner of Daly Ave. (St. Paul's-Eastern United Church). Wheelchair

accessible. Open to all seniors in the community. Donations accepted. 613-237-1821

St Paul's-Eastern United Church events

Healing Service organized by Community Healing Service Team- partnership of St. Paul's-Eastern United and St. Joseph's Catholic churches. Contact either church for details
Roast Beef/Vegetarian Supper & Silent Auction Saturday April 2, from 5:30 p.m. Buy tickets in advance or at door. 613-237-1821, stpaulseastern@rogers.com; wheelchair accessible. 473 Cumberland St corner of Daly Ave.
Matthew House - Presentation by the executive director (Refugee Services, Furniture Bank) - 10:30 a.m. Sun. March 6
Refucare: Join and/or Support Refucare Ottawa, Sandy Hill refugee sponsorship group. See details at chimp.net/groups/refucare

Used books wanted

Scour your bookshelves and clean out your attics! Lady Evelyn Alternative School is seeking donations for its upcoming used book sale. Your used books (no encyclopedias, textbooks or magazines) and vinyl can be dropped off in the Lady Evelyn lobby starting on Tues. March 29. Sale is Fri. April 22, 3-7 p.m. and Sat. April 23, 9-3 p.m. at the School, 63 Evelyn Ave.

Heritage Ottawa free public lecture:

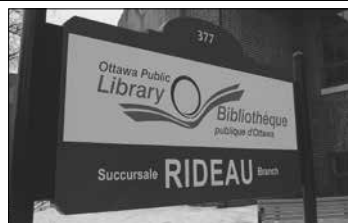
Saving Heritage: Preserving History in the Developing World, Wed., Feb. 24, 7:00 to 9:00 p.m. at The Delegation of the Ismaili Imamat, 199 Sussex Drive. (use Boteler Street entrance; on-street parking available throughout Lowertown.) PRE-REGISTRATION REQUIRED for this lecture. The Aga Khan Trust for Culture (AKTC) works to revitalize culture and protect heritage; Christophe Bouleau of AKTC's Historic Cities Programme will discuss historic sites in the context of development, how AKTC works with communities, and how an integrated development approach could be beneficial in Canada. Lecture free, in both English and French, followed by an informal reception. Info: www.heritageottawa.org or 613.230.8841 or info@heritageottawa.org

Sixth International Miniature Print Exhibition.

Ottawa School of Art, Byward Campus, 35 George St., Mar. 31 to May 15. Exhibit is open to all professional printmaking artists. Prints made with any generally accepted graphic techniques. Each artist can submit a maximum of 4 prints. Prints must have been produced since Jan. 1, 2014. For full entry conditions: artottawa.ca/miniprint-submissions/

Orchids

Ottawa Orchid Society's 35th Annual Show at the RA Centre, 2451 Riverside Drive, Sat. April 16, noon to 5 p.m. and Sun. April 17, 9 a.m. to 5 p.m.



Rideau Branch Library

377 Rideau St., 613-241-6954

www.BiblioOttawaLibrary.ca

FEBRUARY- MARCH 2016

For children/Pour enfants

Family Storytime / Contes en famille

Tuesdays at 10:30 am, Feb. 16 and March 29 to May 24. Stories, rhymes and songs for children of all ages and a parent or caregiver. Drop-in./ Le mardi à 10 h 30, le 16 février et du 29 mars au 24 mai. Contes, comptines et chansons pour les enfants de tous âges et un parent ou gardien. Inscription non requise.

PD Day Crafternoon! / Journée pédagogique, vite @ la biblio!

Drop by the library for an afternoon of crafts on PD Day! Friday, February 12, 2-3 pm. Ages 7-12. Drop in / Viens à la bibliothèque pour un après-midi de bricolage lors de la journée pédagogique! Le vendredi 12 février, de 14 h à 15 h. Pour les 7 à 12 ans. Inscription non requise.

Full S.T.E.A.M Ahead! - March Break Programs

Visit the library for fun science- & tech-themed programs this March Break!
Monday, March 14, Where the Wild Things Are, 2-3 pm. Ages 7-9. Drop in.
Tuesday, March 15, Machines at work, 10:30-11:00. Ages 6 and under.
Tuesday, March 15, Junior Engineers, 2-3 pm. Ages 10-12. Drop in.
Wednesday, March 16, Colour Your World, 10:30-11:00. Ages 4-6. English only. Drop in.
Wednesday, March 16, Toy Factory, 1:30-3:15 pm. Ages 7-12. Registration required.
Thursday, March 17, Sensory Overload!, 2-3 pm. Ages 7-9. English only. Drop in.
Friday, March 17, Intro to Robotics and Programming, 2-3 pm. Ages 4-10. English only. Drop in.

À plein S.T.E.A.M. vers l'avant! - Programmes du congé de mars

Devenez un débrouillard à la bibliothèque! Notre thème durant le congé de mars est la science et la technologie.
Le lundi 14 mars, Retour à l'état sauvage, de 14 h à 15 h. Pour les 7 à 9 ans. Inscription non requise.
Le mardi 15 mars, Sur le chantier, de 10 h 30 à 11 h. Pour les 6 ans et moins. Inscription non requise.
Le mardi 15 mars, Ingénieurs en herbe, de 14 h à 15 h. Pour les 10 à 12 ans. Inscription non requise.
Le mercredi 16 mars, Usine de jouets, de 13 h 30 à 15 h 15. Pour les 7 à 12 ans. Inscription requise.

For adults/Pour adultes

Pen and paper writing group Tuesdays at 6:30 pm

Get feedback on your writing (any genre) and ideas from the group. Hear the work of other writers and offer your feedback. Discuss issues about writing and publishing. Share your triumphs, trials and tribulations with a supportive, informal group.

Groupe de lecture Mille feuilles

le mercredi à 18 h 45
Le 17 février – *Une ville lointaine* de Maurice Henrie
Le 30 mars – *Une vie entre deux océans* de M.L. Stedman

Morning book club

Monthly on Thursdays at 10:15 am.
February 18 – *The Paying Guests* by Sarah Waters
March 17 – *The Paper Gardens* by Molly Peacock

Evening book club

Monthly on Mondays at 7 pm. Drop-in.
March 7 – *The Gathering*, by Anne Enright
April 4 – *The Twin*, by Gerbrand Bakker



St Paul's-Eastern United Church welcomes you to services & events

Regular Sunday morning services from 10:30 am. Parking and Sunday School available.

Contemplative services: 6:30 pm monthly every first Sunday evening. Mar 6, Apr 3, and May 1.

Communion services: Spring dates - 10:30am. Sunday Feb 14 and Sunday Mar 20.

Bible Study: Wednesdays 10:30 am to noon.

The Sandy Hill Seniors' Network: Meets at noon every 4th Wednesday in church hall for lunch and a speaker/ discussion group. Donations appreciated. Contact Helen Smith (helengsmith@bell.net) for details.

Choir practice: Thursdays at 7:30pm. New singers welcome.

Shout Sisters Concert: Thursday April 7, 7:00pm, to support the Community Laundry Co-op.

Café church in April.

Sandy Hill refugee sponsorship presentations/events: Partners St. Paul's-Eastern United Church & Refucare Ottawa. Contact church for details . <https://chimp.net/groups/refucare>

Odawa programs and special events at St Paul's-Eastern United Church. Details on Odawa Native Friendship Centre website (www.odawa.on.ca)

Odawa Food Bank for First Nations peoples is located at the church. Phone the church for details.

Lent/Easter services 2016

Sunday Feb 14 at 10:30 am - First Sunday in Lent , Holy Communion
Sunday March 20 at 10:30 am - Palm/Passion Sunday and Holy Communion
Thursday March 24 at 7:30 pm - Maundy Thursday
Friday March 25 at 10:30 am - Good Friday
Sunday March 27 at 10:30 am - Easter Sunday

Contact us for updates and details!

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A Syrian support group grows in Sandy Hill... While many Sandy Hill residents are involved in sponsorship projects for Syrian refugees, this group has a special connection with the neighbourhood and IMAGE. Abdulrahman, the man on the right, a Syrian graduate student at Carleton University, contacted Alan Humphreys (the tall fellow, in the back) after reading Alan’s letter in last October’s IMAGE, and the result is the effort you read about in Larry Newman’s story on page 6. St Paul’s-Eastern church, Bettye Hyde Cooperative and Faith House are other Sandy Hill groups helping with this project. Above, from left to right are the core group of Kelly McRae, Jerry Fortier, Michael Slavitch, Cathryn Fortier, Alan Humphreys, Dodi Newman, Shelley Cruise, Larry Newman, Alison Thompson, Abdulrahman al Masri.



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